



CAROLINA FLYER

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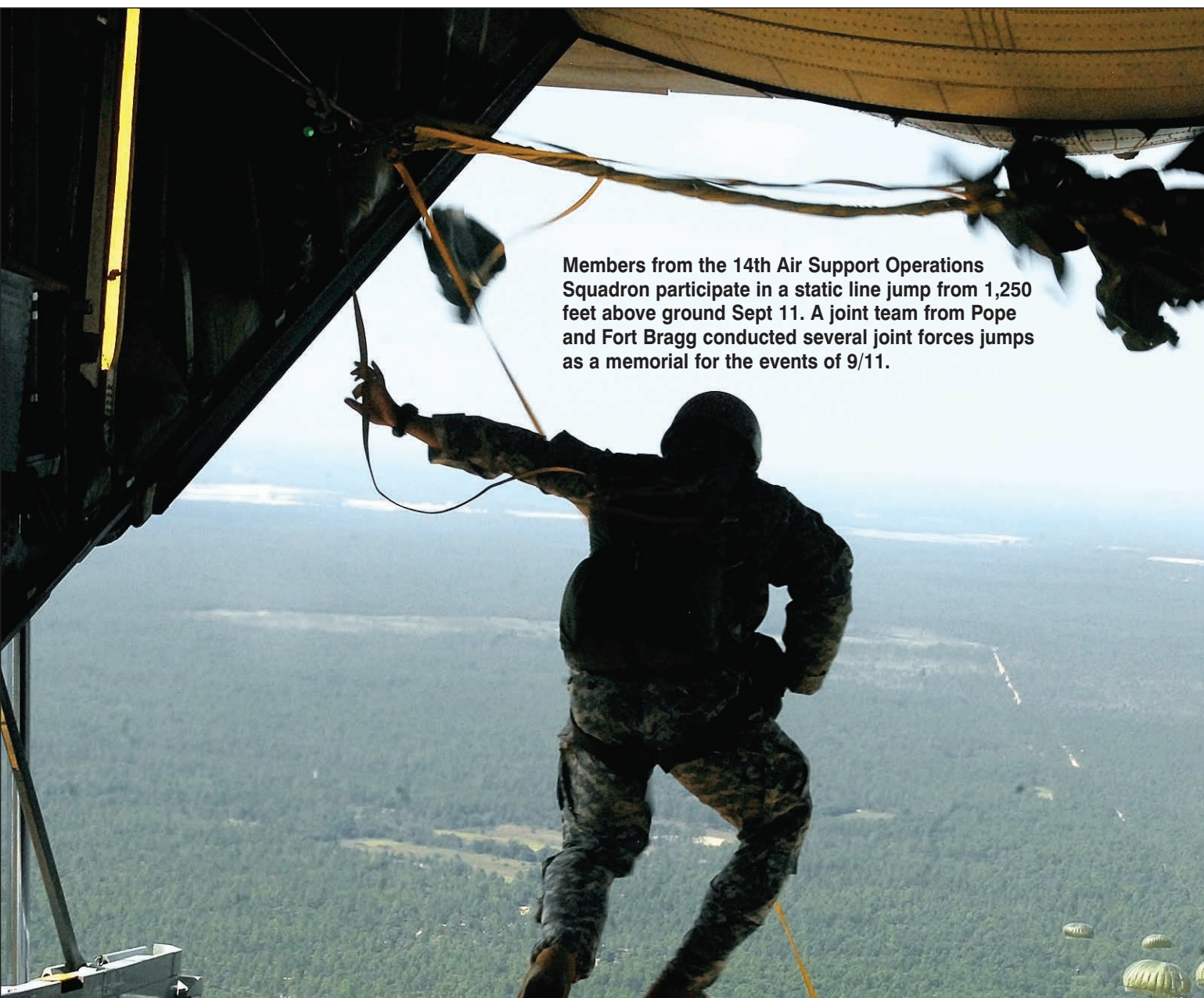
Friday, Sept. 18, 2009

Pope Remembers 9/11



Chief Master Sgt. Stevie McMillan, Operations Flight Superintendent for the 43rd Civil Engineer Squadron, gives a speech to honor all of the victims, families and heroes of 9/11 during a remembrance ceremony at the Pope Air Park Sept. 11.

PHOTO BY CAROL JOHNSON



Members from the 14th Air Support Operations Squadron participate in a static line jump from 1,250 feet above ground Sept. 11. A joint team from Pope and Fort Bragg conducted several joint forces jumps as a memorial for the events of 9/11.

PHOTO BY 2ND LT. CAMMIE QUINN

By 2nd Lt. Cammie Quinn
Editor

The events of 9/11 are not soon forgotten, least of all by Pope Airmen. In the early morning of Sept. 11, Team Pope gathered to remember the tragedy during a memorial at the Pope Air Park. Col. James Johnson, 43rd Airlift Wing Commander, gave a speech to honor all of the victims, families and heroes of that fateful day, and the Pope Honor Guard posted colors during the ceremony as well.

An ominous toll sounded at the time of the plane crashes as a reminder that while the nation has risen above the tragedy of that day and has come together as a whole, the events of 9/11 will remain in our memory forever.

Across the way, at the Luzon Drop Zone near McCall Airfield, teams of Air Force and Army members assembled for their own way of recognizing the victims of 9/11. Pope and Fort Bragg came together to conduct a joint forces memorial jump.

Static and freefall jumps were conducted from altitudes of 1,250 feet and 12,500 feet respectively. Several jumps were conducted as the C-130 made continuous "green to blue" (ground to air) trips.

"It's a way to honor those who died that day and everyone who has died since then," Senior Airman Cody McNorton, 14th Air Support Operations Squadron, said of the 9/11 Memorial Jump, which was his first jump since jump school.

Combined Federal Campaign is here

By Capt. Isaiah Harris
43rd Medical Operations Support Squadron

The Combined Federal Campaign officially began with a kickoff breakfast Sept. 11 and ends Oct. 23. After the posting of colors, Staff Sgt. Meliza Cubacha, 43rd Medical Support Squadron, sang the national anthem, and Chaplain (Capt.) Phil Hollstein said a prayer of blessing for the breakfast and rendered a moment of silence for all of the victims of the 9/11 attacks.

Wayne Hill, Airman Family and Readiness Center director, Robert Hines, CEO of the United Way and Scott Carnivore, the Preservation Society, were the guest speakers at the event. In addition, several individuals shared personal testimonies, each demonstrating the importance of donating to CFC charities. Staff Sgt. Christina Baxter, 43rd Force Support Squadron shared a story about her baby who was diagnosed with Down's Syndrome. She explained how important the CFC has been in her life and about the great deal of assistance she received from various CFC organizations.

Lt. Col. Trent Tate, 43rd Aerospace Medical Squadron Commander, shared another personal story about his father who battled cancer for years, and how, with the help of the American Cancer Society, his family was able to better handle that time.

Col. James Johnson, 43rd Airlift Wing Commander, ended the event by signing the first CFC form of the year.

Contact any of the following campaign leaders to donate to a charity of your choice:

Installation Project Officers:

Capt. Isaiah Harris.....394-0504
Senior Master Sgt. James Mitchell.....394-2226

Wing Staff Agencies:

1st Lt. Karissa Skiba, 43rd Comptroller Squadron.....394-1300
Crystal Moore, 43rd Command Post.....394-9314

43rd Operations Group:

Capt. Archie Smith, 3rd Aerial Port Squadron.....394-8074
Master Sgt. Aaron Weed, 43rd Aircraft Maintenance Squadron.....394-6003

43rd Mission Support Group:

1st Lt. Michael Alvord, 43rd MSG.....394-4550
Master Sgt. Gray Bishop, 43rd Communications Squadron.....394-1459

43rd Medical Group:

1st Lt. Jennifer McGarry, 43rd Medical Support Squadron.....394-1162
1st Lt. Archie Phlegar, 43rd MDG.....394-5289

24th Special Tactics Squadron:

Tech. Sgt. Jillian Mathis, 24th STS.....243-0491

440th Airlift Wing:

Capt. Karen Depolo, 440th AW.....424-3961

Upcoming CFC fundraising events

Thursday: Mentorship Ride (Staff Sgt. Matthew Krizmaniz.....394-2732)

Sept. 25: Pope Strongest Airman (Senior Airman Gregory Dailey.....394-1335)

Sept. 28: Bowling Tournament (1st Lt. Jennifer McGarry at.....394-1162)

Oct. 2: Breakfast Burritos (Crystal Moore.....394-9314)

Oct. 3: Bagging for Bucks (Master Sgt. Bobbie Moore.....394-4094)

Oct. 7: Bake Sale (1st Lt. Karissa Skiba.....394-1300)

Oct. 16: Jail 'n' Bail (1st Lt. Michael Alvord.....394-4550)

Oct. 19-23: Silent Auction (Kathy Brown.....394-1818)

Oct. 23: CFC Finale Fun Run (2nd Lt. Benjamin Muse.....394-7733)

For more information, go to the EIM Web site. To participate in the upcoming fundraisers, call the unit representative.

Save a Life Tour

Pope is hosting the "Save-a-Life Tour" Sept. 23 in Hangar 4. This program is an interactive alcohol awareness event that demonstrates the dangers of drunk driving. There will be two one-hour sessions, 10 a.m. and 3 p.m. The program is open to all personnel, including family members, and is mandatory for 43rd Airlift Wing military personnel ages 29 and under. For more information, contact

the Pope Safety Center at 394-8395/8389 or visit www.savealifetour.com.

Bundles for Babies

All active duty Air Force members and/or spouses in their third trimester are encouraged to attend Thursday from 9 a.m. to noon. All ranks are welcome and lunch will be provided. Reservations are required. To register, call 394-2538.

ASIST training

Applied Suicide Intervention Skills training is being offered Oct. 1 and 2 from 8 a.m. to 4 p.m. at the Airman and Family Readiness Center. This two-day workshop provides the attitudes, knowledge and skills to recognize people at risk of suicide and to undertake appropriate management or referral of a person at risk. For more information or to register, call 394-2538.

DUI tracker

DUI tracking is current as of Wednesday

Days since last DUI.....6

2009.....13

DUIs for 2008.....20

AADD Saves

This week.....2

This year.....225



For a free, anonymous ride home midnight to 6 a.m. Friday to Sunday, call Airmen Against Drunk Driving at 394-AADD.

FLYER PERSPECTIVE

Coining Pope's Finest: Each week Col. James Johnson, 43rd Airlift Wing Commander, highlights an outstanding Airman



PHOTOS BY 2ND LT. CAMMIE QUINN

(Above) Col. James Johnson, 43rd Airlift Wing Commander, presents Staff Sgt. Kelly Berger, 2nd Airlift Squadron, a Commander's Coin Tuesday.

(Left) Staff Sgt. Kelly Berger, 2nd Airlift Squadron, prepares to send out a sponsorship package for inbound personnel Wednesday. Sergeant Berger is responsible for the 2nd AS enlisted performance reports and is the driving force behind the squadron's transition to an electronic workflow process.

Col. James Johnson, 43rd Airlift Wing Commander, presented a Commander's Coin to Staff Sgt. Kelly Berger, 2nd Airlift Squadron, for her exceptional performance beyond the call of duty.

Sergeant Berger is a member of the Commander's Support Staff and is responsible for squadron enlisted performance reports. Prior to working at the 2nd AS, she worked at the 43rd Maintenance Squadron and 43rd Mission Support Squadron.

Sergeant Berger was the driving

force behind her squadron's transition to Electronic Workflow Processing. The process provides a standardized system for routing reports through raters and will soon be implemented across the Air Force. Her work significantly decreased wait time, minimized lost documents and improved customer satisfaction for report processing.

Off duty, Sergeant Berger was the President of the Squadron Booster Club (the Maintenance Activity Council). She also completed an

associate's degree from Central Texas and her Community College of the Air Force degree in information management in 2008.

She is currently attending Fayetteville State University part-time to obtain her Bachelor of Science degree in middle grade special education.

She has been married for six years to Army Staff Sgt. Jeremiah Berger. They have a 3-year-old son, Camden, and a new arrival due Jan. 4. They have been stationed together at Bragg/Pope since 2004.

Commander's Helpline

The Commander's Helpline is your direct link to Col. James C. Johnson, 43rd Airlift Wing Commander. If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to commanders.helpline@pope.af.mil.



Helpful numbers

Emergency (Base Phone/home phone)	...911
Cell Phone	...394-0911
Law Enforcement Desk	...394-2800/2808
Helping Hand Hot line	...394-2777
Crime Stop	...394-4111
Pope Clinic	...394-4258
Pass and Registration	...394-2694
Security Force	...394-2800
Legal Office	...394-2341
Chapel	...394-2677
Military Personnel Flight	...394-2276
Pope Club, collocated	...497-4031
TRICARE Customer Service	...1-877-TRI-CARE
Civil Engineers	...394-2821
Inspector General	...394-2302
Family Support Center	...394-2538
Child Development Center	...394-4323
Kitty Hawk Inn Dining Facility	...394-4377
Housing Management	...394-4867
Bowling Center	...394-2891
Fitness Center	...394-2671
Finance (Military Pay)	...394-1410/1412
AAFES Shoppette	...497-8181
Public Affairs	...394-4183
Pope/Ft Bragg American Red Cross	...396-1231/877-272-7337

Maintaining Your Moral Compass

By 2nd Lt. Cammie Quinn
Editor

I feel the most formidable quality one can have is an open mind. This is not to say that personal opinions and values are unnecessary, quite the opposite, actually. To hold a strong opinion regarding a topic while realizing that, though important and true to you, is not wholly true to the rest of the world, is an incredible quality.

In one of my college classes, we had to create our personal mission statements – something we will hold ourselves to as we progress into the dark and scary world of adulthood. Under any other circumstances, I would have thought the assignment inane, but after some reflection, I re-evaluated the situation, and altered my opinion. I realized the importance of understanding one's position in life, but more importantly, one's decision to stick to that position. What are the boundaries of my character? To whom do I answer?

Possibly the only information I retained from high school was a poster on a wall quoting some dead guy who made the profound insight that when it comes down to it, the only person with you from the beginning to the end, on whom you can rely for happiness,

comfort and life, is one's self. Of course, he said it with much more poetic prowess than I, but you get the idea. The only person who provides you constant companionship is yourself. Like it or not, you are stuck with yourself for the rest of your life.

It may sound a little scary — or maybe obvious and immature, but that's how I think. Either way, the moral of the story is to set your own boundaries, your own standards by which you are prepared to live. They don't have to be lofty, or even consist of a conscious thought, the only criteria is it remain constant.

So as I sit, deciding whether to fabricate an answer or to honestly contemplate my personal mission statement, I realize the irony and get cracking. So without further ado... I, Cammie Quinn, present to you my personal mission statement:

I will conduct all professional and personal missions, duties and responsibilities in accordance with the professional and moral standards of integrity, selflessness and excellence. I will remain considerate to the needs and conditions of those around me and never let my prejudices impede my own or another's performance.

With this statement in mind, I find myself more able to stay true to what I believe

to be the right path through life. My path, although different from others, was constructed under the belief that if I can reflect on my life and be confident the decisions I made were my own and the consequences were of my own resolve, my life will be complete.

It is particularly difficult in our environment to count on anything being stable for an extended amount of time. If we're not moving our coworkers are – our neighbors change and our friends are reachable by only a phone call. With the change is apprehension and fear. At the end of the day, the most important lesson to remember is you're never alone. If nothing else, you have yourself.

Faced with a crossroads in my life, I turned to the one person in my life who has never failed to give me anything but the honest truth. My sister in law helped me determine which path to take, and following that long conversation, Patty sent me a text message with two simple words that have since become my mantra: "stay true."

With those two words, I have led my life. I have made hard decisions and am left with confidence knowing that I can look myself in the eyes and know that deep down, regardless of the situation, I have maintained my own moral compass.

A Challenge To Make Better Choices

By Senior Airman
Mindy Bloem
Staff writer

I still remember it so clearly. My youngest brother Brian was into climbing mountains in my hometown of Pennsylvania. Now these mountains weren't exactly Everest but they were formidable in their own right. One day he was telling me about a mountain he had recently climbed and asked me if I wanted to go hike it with him. He assured me I could climb it no problem, and as an added incentive, threw into the conversation that "Kate from 'LOST' could do it." Since I am a big fan of that show, those words were the final motivation I needed to get me to go.

So one bright and sunny day, we set off to climb a mountain. I was keeping up with him, and even thought of making these treks a regular routine in my life. And if I slowed for even a moment, my brother was quick to point out that "Kate from 'LOST' would not slow down," and I would grudgingly move a bit faster. Then it happened. We arrived at a rock formation. Brian went ahead of me to test it out. After he got to the top, he called down and told me go around instead of trying to climb it.

But I didn't want to go around. For one thing, it would take much longer, and for another, I wanted to be adventurous. I quickly scanned the landscape and

saw there were several rooted branches extending out from the formation, which would serve as grips for me while I climbed. I grabbed one and pulled on it to make sure it was strong enough to hold me. I informed Brian of my decision, and once again heard him yell down to me not to be stupid and to go around. I flippantly yelled back to him: "Kate from 'LOST' could do it," and with that I began my ascent. I was doing pretty well too, but as I neared the top, I began to lose footing. I was holding one of the rooted branches with my right hand and brought my left hand up to grab hold of another one when I heard the worst sound in the world: SNAP! All I remember thinking was, "Oh crap!" Then I was falling. I vaguely recall my brother hollering my name, but it was too late. My back was the first thing to make contact with a solid surface, but it was only for a moment. The lower half of me slammed hard on a slated rock, jutting out of the formation, but the other half of me was still in the air. This unbalanced position caused my feet to swing over my head, making me tumble backwards down the mountain. Thank God I skidded to a stop on a ledge or I would have continued to tumble down the mountain.

When I finally stopped, the pain seemed to flood over me in one quick motion. I won't go into detail about about my recovery. What I can tell you is that it happened

because of one stupid decision. I know we are constantly getting told to think before we act, to not drink and drive; and much of the time, those messages go in one ear and out the other. Why? Because we can be dumb and foolish, and most of the time, we get away with being foolish so we do it again. But all it takes is one moment – one irreversible instant that brings consequences that will never go away. I was lucky. My bad decision could have ended in death, paralysis or any number of complications, simply because of one lousy decision.

My cousin Lindsay was not so lucky. She was driving home after praying for the victims of 9/11 on that very day, and someone who was drunk and high on heroin crossed into her lane and hit her vehicle. My aunt and uncle had to pull the wreckage off her as she drew her final breaths. She was newly married and expecting her first child. She was only 19 years old. It takes just one bad decision. Just one. If you have been lucky enough to have not hurt yourself or anyone else due to a bad decision, be thankful for that, and vow to not put yourself in that situation again.

I later climbed that mountain, but I went around the long way and I still got to see the breathtaking view. Be smart. No one is telling you not to drink. Just do it without putting yourself or anyone else in harm's way.

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www.pope.af.mil

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The public affairs office staff reserves the right to edit all submissions.

Visit the Carolina Flyer Web site at www.pope.af.mil.



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FLYER NEWS



Tech. Sgt. Jason Parrish (left) and Tech. Sgt. Martin Lerch, canine trainers with the 43rd Security Forces Squadron, work with 6-year-old German Shepherd Jesa, a military working dog, and her handler, Senior Airman Troy Shepherd, as Jesa “gets the bad guy,” 2nd Lt. Cammie Quinn, 43rd Airlift Wing, during a training session Sept. 1.

Training with man’s best friend

Story and photos by Rhonda Griffin
Staff writer

They are known as man’s best friend. Our four-legged canine pals can make the most faithful of pets. But with proper training, they can also become top law enforcement officers.

Military working dogs are used for many purposes in both military and civilian environments, but their main job is detection, said Tech. Sgt. Jason Parrish, 43rd Security Forces Squadron kennel master who oversees the canines and helps with training.

“Our dogs are trained in either narcotics or explosives,” Sergeant Parrish said. “They provide law enforcement, keep the base populace safe and help with base entry-point checks of random vehicles.”

The dogs of the 43rd SFS and their handlers are frequently deployed, with half of the teams currently in Iraq and Afghanistan, Sergeant Parrish said.

In addition to working on base, the military working dogs assist locally with law enforcement issues, and are often called

to work with the Secret Service, border patrol and at various airports. They also perform demonstrations throughout the community and work with local schools for special events such as drug week and police week, Sergeant Parrish said.

The dogs are placed with a handler and trained in controlled aggression. They work as members of law enforcement for searches and, if a suspect is found, the canines use a “bite and hold” method to detain them.

Though there are many various breeds of dogs that are used in the military, the majority of the canines used by the 43rd SFS are German Shepherds.

“We get them from Lackland Air Force Base, Texas, when they are about 18 months old,” Sergeant Parrish said. “They receive 120 days of training at Lackland before coming to Pope, where they are assigned to a handler and given another 45 to 60 days of training. The dogs are then certified in patrol work in either narcotics or explosives.”

Military working dogs average about an eight-year working life. After that time, many get to continue the bonds they have formed during their careers by being adopted by their handlers.



2nd Lt. Cammie Quinn, 43rd Airlift Wing, gets taken down by Jesa, a military working dog with the 43rd Security Forces Squadron, during the training session Sept. 1. Jesa is a 6-year-old German Shepherd.

2nd Airlift Squadron prepares to deploy

(Right) Airman 1st Class Steven Smalley, 2nd Airlift Squadron, says goodbye to his wife and son before leaving Sept. 4 on a deployment to Bagram, Afghanistan.

(Below) Col. James Johnson, 43rd Airlift Wing Commander, visits with some Airmen from the 2nd Airlift Squadron Sept. 4 at the Pope Passenger Terminal before their deployment to Bagram, Afghanistan.



PHOTOS BY SENIOR AIRMAN MINDY BLOEM

Pope talks

By Senior Airman
Mindy Bloem
Staff writer

Why did you join the
Air Force?



“To finish my bachelor’s degree and for the job experience.”

— Senior Airman
Matt Hixson
43rd Communications
Squadron



“I joined to better myself and to serve my country.”

— Senior Airman
Tanisha Lewis
43rd Logistics
Readiness Squadron



“I wasn’t married and I didn’t have kids. I just wanted a chance to get away from home and travel.”

— Airman
Marleshia Mills
43rd Civil Engineer
Squadron



“I joined because of my grandfather. He was in for 24 years.”

— Airman 1st Class
Joshua Lewis
3rd Aerial Port
Squadron

N.C. State salutes the Armed Forces



PHOTOS BY STAFF SGT. KELLY MANN

Sept. 12 was Military Appreciation Day as the N.C. State Wolfpack faced off against the Murray State Racers at Carter-Finley Stadium. All branches of the military participated in events throughout the day, including a performance by the U.S. Navy Band, a parachute jump by the U.S. Army, and the U.S. Air Force provided a flat screen television that allowed visitors to take turns in the pilot’s seat in an F-16 Fighting Falcon simulator. The Army ROTC also helped out with the event by providing a meal for all active duty military members. During the halftime show, members of the military were honored on the field.



Air Force Radio News Available Toll Free

The latest Air Force news is available as a daily five minute broadcast at 1-877-237-2346.

News

Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there's a need to extend the publication of the brief, call the editor at 394-1723.

■ **Youth Group:** The Pope chapel is having a Protestant youth group Sunday at 5 p.m. in the chapel annex. Youth ages 12 to 17 can sign up by calling Robert Linebarger at 394-1356 or by sending an e-mail to robert.linebarger@pope.af.mil.

■ **AFOSI Recruitment:** The Air Force Office of Special Investigations is looking for motivated NCOs and officers to join the force of elite federal agents. Anyone looking for a career in law enforcement should attend the OSI recruitment brief at 1 p.m. Monday in the Airman and Family Readiness Center conference room. For more information, call 394-4264.

■ **Resume Workshop:** A resume workshop, designed to teach people how to create an effective resume and prepare for an interview, is Wednesday from 8 to 11 a.m. in the Airman and Family Readiness Center. This class also discusses what information to include in the resume, which format to use, what to wear for the interview and what type of questions are asked during interviews. Registration is required. To reserve a seat, call 394-2538.

■ **Volunteer Opportunity:** The Western Har-

nett High School Marching Eagles is hosting a band competition Oct. 3. Volunteers (runners, escorts, equipment drivers) are needed to help make this event successful for local area school bands. The event begins at 10 a.m. and ends at 9 p.m. If interested in participating, call Master Sgt. Jana Manning at (919) 499-1709 or Sabrina Drew at 919-842-5392.

■ **In-Service Recruiter:** Pope's new Air Force Reserve in-service recruiter is Master Sgt. Jason Maney. Individuals who are separating from active duty and are interested in Reserve assignments or the Palace Chase program can reach Sergeant Maney at 394-1099.

■ **Thrift Shop:** The Pope Thrift Shop is located in Bldg. 357, next to the base library. Hours of operation are Tuesdays, Wednesdays and Thursdays, 10 a.m. to 1 p.m. and Thursday from 5:30 to 8:30 p.m. Personnel with access to Pope may shop at the store. Consignments are accepted from Department of Defense identification card holders regardless of rank or branch of service, both active duty and retired. For more information, call 394-2427.

■ **FAP:** The Family Advocacy Program offers education and support services tools for building healthy family relationships. They offer a wide-range of classes. Most classes are voluntary, self-referred and offered on a rotating basis. For more information or to register for classes, call 394-4700.

■ **Family Care Plan:** An Air Force IMT Form 357 is required to be maintained

on all personnel who require a family care plan. Individuals must designate a short-term provider, a long-term provider and a temporary custodian. This is the most important phase of your family care planning. The person selected should be someone who is trusted with your child/family member's life. If a family member becomes seriously ill or is injured, the designee may have to make life and death decisions without consulting the parent. The person selected must be 21 years of age or older.

■ **Clothing Sales:** The Air Force and Army Military Clothing Sales stores have moved the Pope location to the Military Clothing Store on Fort Bragg, located in the Mini Mall off Reilly Road. The new hours of operation are Monday to Friday from 8 a.m. to 8 p.m. Saturday from 9 a.m. to 7 p.m. and Sunday from 11 a.m. to 5 p.m. The consolidation is a result of Base Realignment and Closure adjustments taking place between the installations. The move allows AAFES to improve the stock assortment as well as continue offering Air Force items for customers and to increase the hours of operation.

■ **Attention All Personnel:** It is with deep regret that we announce the untimely death of Airman 1st Class Jeremy Melvin of the 43rd Operations Support Squadron. Capt. Richard Holtzman has been appointed Summary Court Officer and is authorized to make disposition of the personal effects of Airman Melvin as stated in AFI 34-244. Anyone having claims for or against the deceased should contact Captain Holtzman at 394-1683.



AIR FORCE B-DAY MEAL



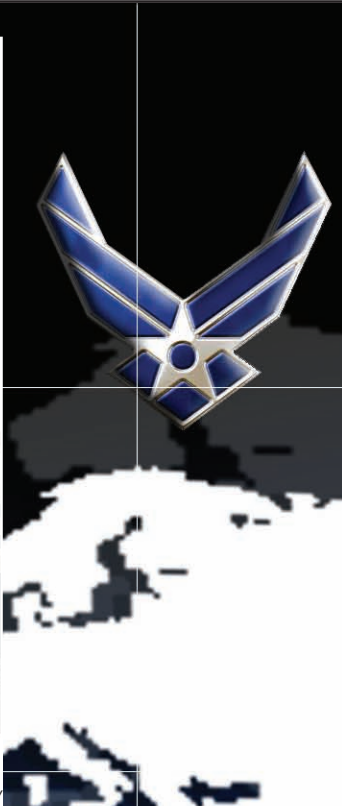
18 SEPT 09
1030-1330

KITTY HAWK
DINING FACILITY





Southwest Asia
PHOTO BY TECH. SGT. TONY TOLLEY



RHEY VILLAGE, Afghanistan
PHOTO BY SENIOR AIRMAN MARC L. LANE



KUNSAN AIR BASE, Republic of Korea
PHOTO BY SENIOR AIRMAN JONATHAN STEFFEN



KADENA AIR BASE, Japan
PHOTO BY TECH. SGT. REY RAMON



NIS, Serbia
PHOTO BY SENIOR AIRMAN ALEX MARTINEZ



BAGRAM AIRFIELD, Afghanistan
PHOTO BY SENIOR AIRMAN FELICIA JUENKE

Around the Air Force

Southwest Asia

Senior Airman Alexander Andreassi drags a refueling hose away from a C-17 Globemaster III Sept. 3, at an air base in Southwest Asia. Airman Andreassi is a fuels distribution operator with the 386th Expeditionary Logistics Readiness Squadron and deployed from Little Rock Air Force Base, Ark.

KUNSAN AIR BASE, Republic of Korea

Senior Airman Danielle Todman (left) and Airman 1st Class Kyle Detwiler post the colors during the 9/11 Patriot Day Ceremony Sept. 11, at Kunsan Air Base, Republic of Korea. The ceremony acknowledged the courageous firefighters, police officers, emergency responders and others who risked their lives to save the victims of the tragic events of 9/11. The ceremony also paid tribute to the men and women of the U.S. Armed Forces who have served in the military, whether deployed or at home station, since these events.

NIS, Serbia

Lt. Col. Raymond Williams explains the squadron's dental care capabilities to multinational troops during an exercise orientation Sept. 8, in Nis, Serbia. Airmen stood up the 458th Expeditionary Medical Squadron in support of the 2009 Military Medical Training Exercise in Central and Eastern Europe Sept. 2 through 13. Colonel Williams is assigned to the 458th Expeditionary Medical Squadron.

RHEY VILLAGE, Afghanistan

At Rhey Village near Herat, Afghanistan, 1st Lt. Etan Funches lets an Afghan boy try on his helmet Sept. 2. Lieutenant Funches is deployed to nearby Camp Stone from Schriever Air Force Base, Colo.

KADENA AIR BASE, Japan

Farming is considered the essence of life in Okinawa, Japan. Kadena Air Base's munitions storage area is host to nearly 700 tacit farmers from Kadena Town, Chatan Town and Yomitan, Japan. Tacit farmers work long hours and seem oblivious to the sounds of military aircraft flying overhead or the sight of those in military uniform passing by from time to time.

BAGRAM AIRFIELD, Afghanistan

Senior Airman Anthony Boone secures the tail rotors of the HH-60G Pave Hawk to ensure the aircraft doesn't get damaged in transit Sept. 9 at Bagram Airfield, Afghanistan. The helicopter is being transported on a C-17 Globemaster III back to its home station. Airman Boone is a helicopter crew chief from the 455th Expeditionary Aircraft Maintenance Squadron and a native of Newport News, Va.

Flu Season prevention measures

By Capt. Ross Free
43rd Medical Group

This fall, people may have questions about what to expect from the flu season. Much of this recent interest stems from this year's discovery of an influenza virus, H1N1.

This virus has received much media attention because it contained segments of genetic code from several different influenza viruses never before mixed together, including some that are commonly found in swine. This is why the virus became known as "Swine Flu."

Fortunately, this virus has behaved very similarly to other seasonal flu viruses. Most people who have been infected have experienced very mild symptoms and have recovered with general supportive care, including rest and hydration.

There are certain people who, if they do become infected with the H1N1 virus, have a higher risk of developing a more severe form of the disease.

These are people 65 years and older, children younger than five years old, pregnant women and people of any age with certain chronic medical conditions.

About 70 percent of those

who have been hospitalized with this virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

While some hospitalizations and deaths due to the H1N1 virus have occurred, it is important to remember that this virus does not seem to be any more deadly than the seasonal flu virus.

Later this year, people will have the opportunity to be vaccinated for both the seasonal influenza virus and the H1N1 virus. The seasonal influenza virus will be a single vaccine, while the H1N1 vaccine may be a single vaccine or a two vaccine series. The H1N1 vaccine is still undergoing trials to ensure it is safe and effective before being used.

In the mean time, there are many things individuals can do to protect themselves from getting the flu:

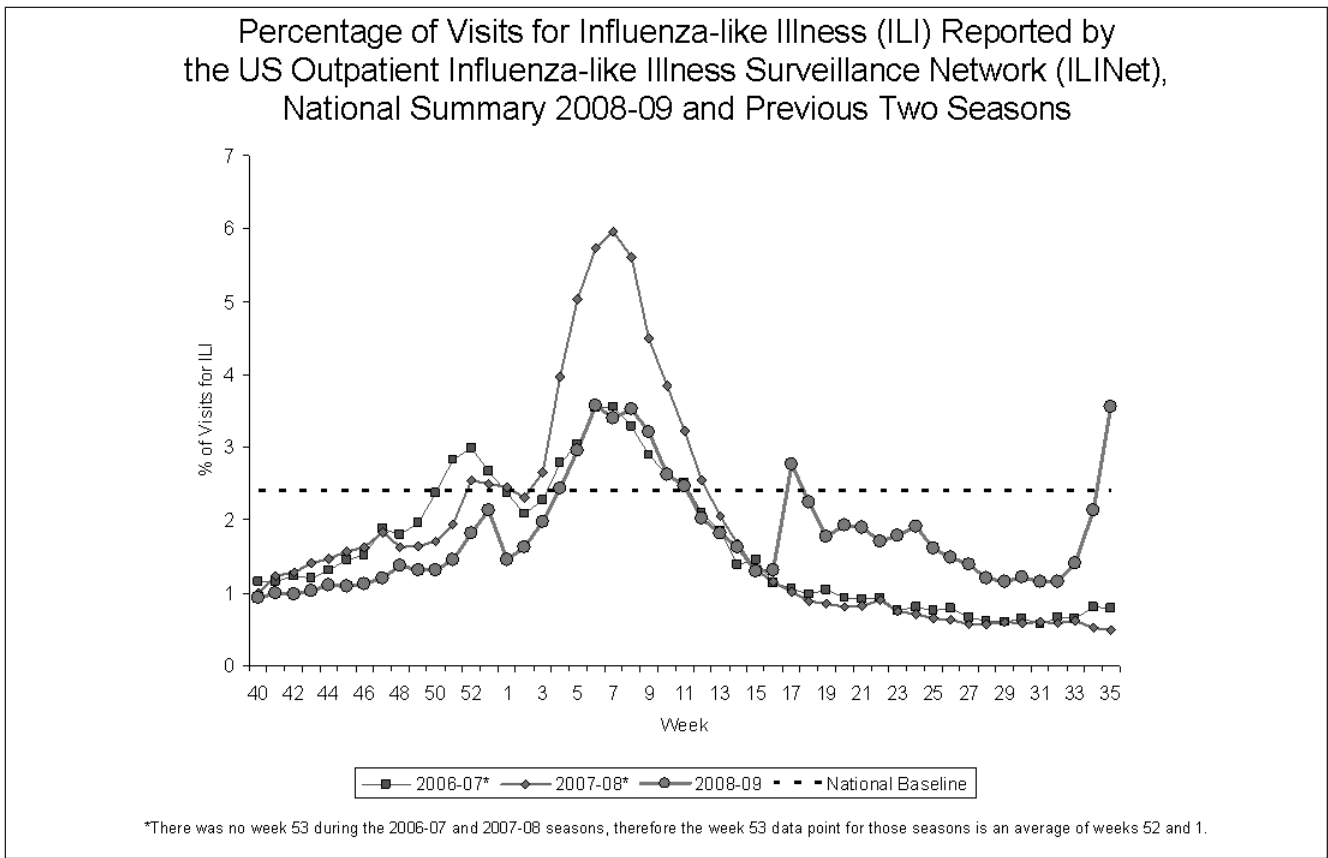
■ If you cough or sneeze, try to cover your mouth and nose with a tissue. Throw the tissue away after using it. Alternatively, you can cough into your sleeve to prevent virus particles from spreading.

■ Washing your hands is critical in preventing spread of the virus. Always wash with soap and water for at least 15 seconds, especially after coughing or sneezing. You can also use alcohol-based hand sanitizers if unable to wash with soap. Be sure to use plenty of sanitizer and rub it into your hands until your hands are dry.

■ Avoid close contact with people who are ill.
■ If you have flu-like symptoms, do not come to work.
■ If you come to sick call, place a mask over your mouth and nose before entering the clinic. You may be directed to a separate facility to prevent the spread of the virus to oth-

ers in the clinic. If you need to make an appointment, you will be given specific directions on where and when to go.
■ While at home, you should avoid close contact with others.
■ If you need personal or medical supplies, designate someone else to pick them up for you instead of

leaving the house to get them yourself.
This year, like every year, people need to be diligent in protecting themselves from the flu. Using these simple protective measures in combination with vaccination can help protect individuals from the flu. For more information about flu prevention, visit [cdc.gov](#) and [flu.gov](#).



Hispanic Heritage Month: Month-long observation concludes Oct. 15

Hispanic Heritage Month is a month-long observation. The month began Sept. 15 and concludes Oct. 15.

The date Sept. 15 was chosen as the start day to commemorate the anniversary of the independence of five Latin American countries including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Every year, Mexico celebrates its independence on Sept. 16, and Chile celebrates its independ-

ence on Sept. 18.

This observation dates back to 1968, when Congress gave authorization to President Lyndon B. Johnson (36th President of the United States) to declare and acknowledge National Hispanic Heritage Week.

Initially, National Hispanic Heritage Week included the week of Sept. 15 and 16. However, in 1988 this observation was expanded to an entire month. During Hispanic Heritage

Month, America celebrates both the culture and traditions of individuals with roots to Spain, Mexico, Central America (Spanish speaking nations), South America and the Caribbean.

According to 2008 statistics, the U.S. Census Bureau estimated that the Hispanic population at the time consisted of 46.9 million people. These results confirmed that the United States had the second largest Hispanic pop-

ulation in the world, in which the United States only trails Mexico, who had a population greater than 100 million.

According to a 2007 American Community Survey, it was revealed that there were at least one million Hispanic veterans who had served in some branch of the U.S. Armed Forces. These numbers truly show the profound influence and impact that the entire Hispanic population has had on our great nation.

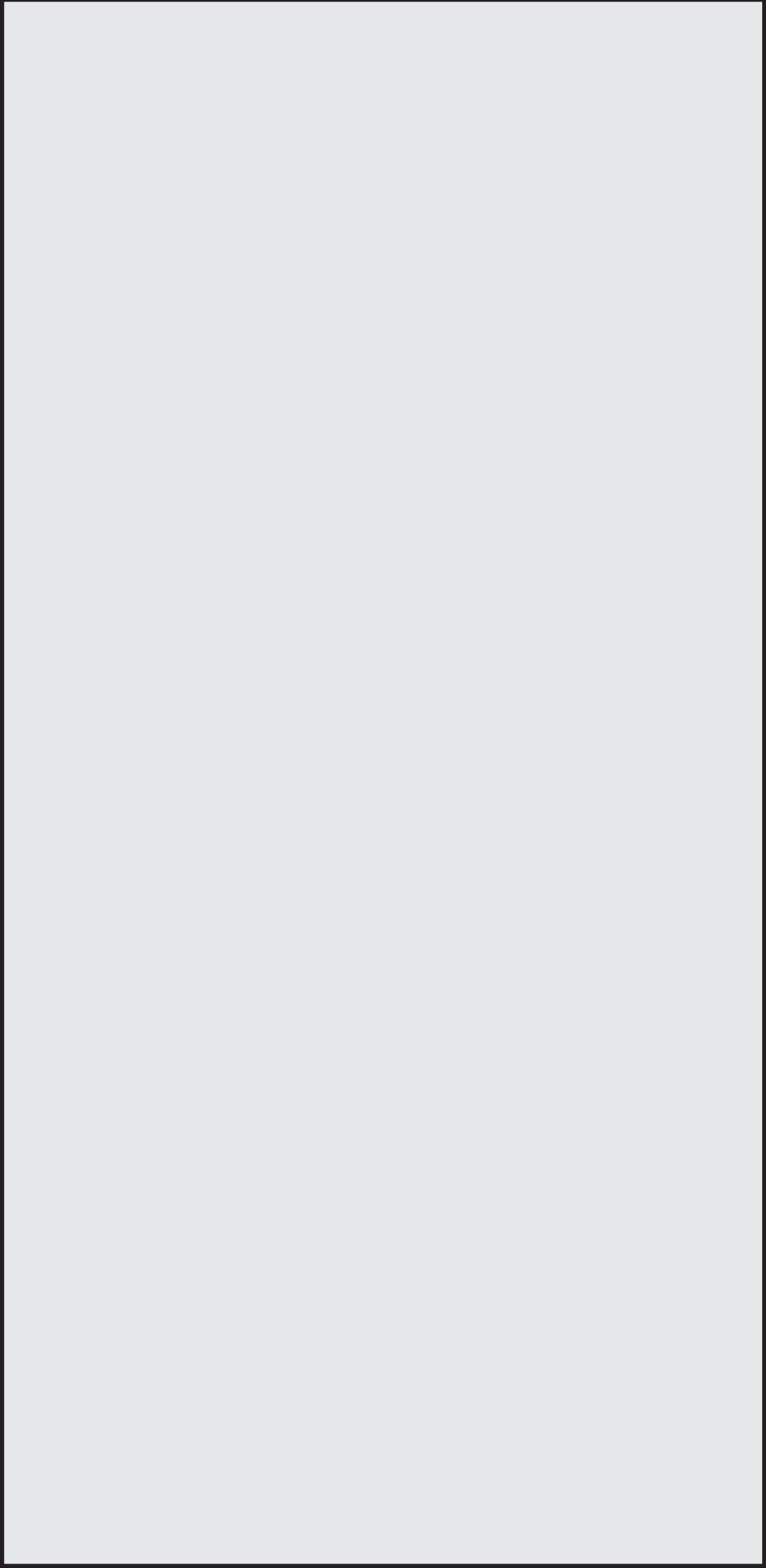




PHOTO BY STAFF SGT. BENNIE J. DAVIS III

Air show spectators get the chance to check out two F-15E Strike Eagles from the 391st Fighter Squadron at Mountain Home Air Force Base, Idaho, Sept. 12, during the California Capital Air Show, the culminating event of Air Force Week Sacramento. Air Force Week Sacramento is an event featuring various activities and exhibitions to educate the community about the Air Force's capabilities and missions.

Air Force Week Sacramento ends with air show

By Staff Sgt. Matthew Bates

Defense Media Activity-San Antonio

9/14/2009 - SACRAMENTO, Calif. (AFNS) — Amid tumble dives and barrel rolls, vintage aircraft and modern fighters, the California Capital Air Show concluded Air Force Week Sept. 12 and 13.

The event, which took place at Mather Airport, the site of former Mather Air Force Base, drew more than 50,000 people and offered a variety of military and civilian aerial performances.

The most notable of these was the Air Force's official air demonstration team, the Thunderbirds, who dazzled the crowd of

spectators with their precision maneuvers.

The F-15E Strike Eagle and F-22 Raptor demonstration teams also performed, and the U.S. Air Force Academy's parachute team, Wings of Blue, parachuted in with the American Flag to officially open the show.

"It was a real honor to be a part of this event and be able to represent the Air Force here," said Cadet 1st Class Spencer Schardein, a Wings of Blue team member.

As much as there was to see in the air, there was even more on the ground. Static displays were set up across the 40-acre tarmac and offered spectators the chance to get up close and personal with aircraft, vehi-

cles and equipment used by military, civilian and law enforcement agencies.

Among these were stunt airplanes, a UH-1 Huey helicopter, a Boeing 747 and a C-130 Hercules.

Located in the middle of the flightline were two of the Air Force's giant workhorses, the C-5 Galaxy and the C-17 Globemaster III, both from nearby Travis Air Force Base.

The Air Force Week program is designed to showcase the Air Force's people, equipment and mission to local communities throughout the country.

Air Force Week Sacramento was the last of three Air Force Weeks held this year. The other two were in Hampton Roads, Va., and Salt Lake City, Utah.

Air Force chief calls for collaboration between Guard and active duty

By Tech. Sgt. Nick Choy
National Guard Bureau

9/14/2009- NASHVILLE, Tenn. — Citing evolving missions and shrinking budgets, the Air Force chief of staff called for the Air National Guard and active duty forces to work closer together.

"The skill-set of National Guard members is critical to sustaining worldwide partnerships," said Gen. Norton Schwartz during his speech at the 131st annual National Guard Association of the U.S. General Conference meeting Sept. 12.

"We stand to succeed across all areas of our total force mission, but we face numerous challenges."

He said the total Air Force structure is evolving along with the demands being placed on the force by the Defense Department.

"We need to adapt to this change," he said.

General Schwartz said the Air Force's most pressing priority is the acquisition of new refueling tanker aircraft.

He echoed Secretary of the Air Force Mike Donley's speech at the conference the day before, citing a robust request for a proposal, which is due out to contractors later this year, with a final contract awarded in late 2010.

"You all have a consid-

erable investment in the new tanker," General Schwartz told the audience.

"The second priority is our fighter aircraft," he said. "Why would I want to dissipate a limited pool of resources on a 4.5 generation fighter, when I can purchase a fifth generation platform?"

He said it would be a "major mistake as a nation" to spend money on upgrading the existing Air Force inventory, and "prematurely walk away from the F-35" Lightning II Joint Strike Fighter.

"I think this is the wrong approach," he said.

General Schwartz said he believes the F-22 Raptor is "over-spec'd" for the Air Force's air sovereignty alert mission, but he hopes to bring a combination of F-22, F-35, legacy aircraft, including upgraded F-15 Eagles and F-16 Fighting Falcons, and unmanned aircraft to the ASA mission.

"We must recognize that the total Air Force is evolving," he said. "As I said before, we need to adapt, but adaptation also applies to a concurrent and proportional rollout in terms of F-35 procurement."

General Schwartz warned that while distribution of any new platform concurrently among active duty Air Force, Air

National Guard and Air Force Reserve units is important; the changing role of the Air Force means not all units will retain their present missions.

Units may migrate to an unmanned flying mission or even a non-flying mission.

"We need to be equally prepared to do those missions too," he said.

The third priority for the Air Force is its long-range strike capability, General Schwartz said.

"I think our country needs a penetrating air capability," he said. "We cannot depend exclusively on 'fire and forget' ballistic missiles."

"And as you know," he continued, citing the B-2 Spirit bomber mission at Whiteman Air Force Base, Mo., "[The Air Force] has a significant partnership in long-range strike capability with the (Air) Guard and Reserve."

General Schwartz reminded the group of ceremonies commemorating the eighth anniversary of the 9/11 terrorist attacks, calling them "a sobering reminder of the unfamiliar political and military landscape Americans now face."

"Now, more than ever, we must be vigilant in our efforts to provide for the common defense of our nation," he said.

True team effort behind weather squadron's success

By Ryan Hansen
Air Force Weather Agency
Public Affairs

9/14/2009 - SHAW AIR FORCE BASE, S.C. (AFNS) — Today's Airmen are becoming increasingly familiar with words like "joint" and "total force" regardless of where they are assigned or deployed.

As the U.S. Central Command's and International Security Assistance Force's designated Joint Meteorology and Oceanographic Forecast Unit, that's certainly true for the members of the 28th Operational Weather Squadron. They are a joint and total force team.

Active-duty Airmen, Air Force Reserve Command members and Sailors provide weather information to all branches of the U.S. military and coalition partners deployed downrange into CENTCOM's area of responsibility.

"We have a joint coalition operational mission here for today's fight and our manning is a reflection of that," said Lt. Col. Frederick Williams, the 28th OWS commander. "Everyone here is a vital part of this team and they all make valuable contributions."

One of those key contributors to the overall success of the 28th OWS mission is the 5th Operational Weather Flight, a reserve associate unit assigned to the squadron. This group of 21 reservists has had 12 of its members serving on full-time active duty orders supporting the squadron since 2004.

"Due to the high-ops tempo, we recruited many mission-ready reservists who

wanted to be on extended orders," said Lt. Col. Chuck Buckler, the 5th OWF commander. "Our forecasters were selected for their skill-level expertise, and they contributed rapidly to the warfighter with quick position skill-level qualification."

The members of the 5th OWF serve in different roles throughout the squadron. On a daily basis they work alongside active-duty Airmen producing regional forecasts for Afghanistan and Iraq, serve as joint forecasters and provide a shift brief as the lead meteorologist.

"I've served in almost every position on the floor," said Tech. Sgt. Casey Grim, a reservist with the 5th OWF. "But it doesn't matter if we're a member of the Reserve, active duty or the Navy, we're all here to support the warfighter."

"What we get from the Reserve fleet are some highly capable people with war experience," Colonel Williams said. "They can step right in and be proficient with very little training. They are fully integrated, capable and confident both in leadership and technical ability."

The flight's dedication to the warfighter has not gone unnoticed. Earlier this year, the 5th OWF was named the 2008 Air Force Reserve weather flight of the year.

"We are a true success story in Reserve and active duty cohesiveness," Colonel Buckler said. "One would not be able to know who is a reservist and who is the active-duty person and that is how it is supposed to be."

Another important part of the 28th OWS team are the forecasters from the Navy. The Sailors integrated

into the squadron almost two years ago and typically serve in one of the four joint operational area forecaster positions to maximize their maritime forecasting knowledge.

"This has been a great experience and I'm proud to be serving the warfighter," said Navy Petty Officer 2nd Class Jorge Castillo, an aerographer's mate second class from Naval Station Norfolk, Va. "When I go back to Norfolk and tell them of my experiences, I will tell them to take the opportunity to come here if it's available to them because it's great to work with other services."

While Airmen out of technical school typically start their careers as forecasters, Sailors generally start out as observers. This background is just one of the unique aspects Navy members bring with them to the 28th OWS.

"Observing is invaluable experience," Sergeant Grim said. "When you can see it happen, hour by hour, minute by minute, and you see it with your own eyes, it really sticks with you. So it's great that the Navy folks have that background and can bring that perspective to us."

"Having the Navy here is really good for both of us," Colonel Williams said. "For the Navy, they get a tremendous amount of experience forecasting operationally significant products, and it brings credibility to our unit to have other services here."

"The bottom line is we all understand weather and we should be working together to put out the best products we can for the warfighter," Petty Officer Castillo said.

Beyond the on-the-job advantages of having an



PHOTO BY RYAN HANSEN

Tech. Sgt. Casey Grim and Navy Petty Officer 2nd Class Jorge Castillo both serve together at the 28th Operational Weather Squadron as joint operational area forecasters. The combined 28th OWS team provides weather products for all branches of the U.S. military and our coalition partners in the U.S. Central Command's area of responsibility. Sergeant Grim is a reservist with the 5th Operational Weather Flight. Petty Officer Castillo is an aerographer's mate second class from Naval Station Norfolk, Va.

experienced Navy forecaster on the team, the members of the 28th OWS have learned other things from the Sailors as well.

"From the professional military side, it's a great opportunity for our Airmen to have the Navy here," said Senior Master Sergeant James Slisik, the 28th OWS superintendent. "Together we've held professional development seminars and they really bring a different perspective on the traditions

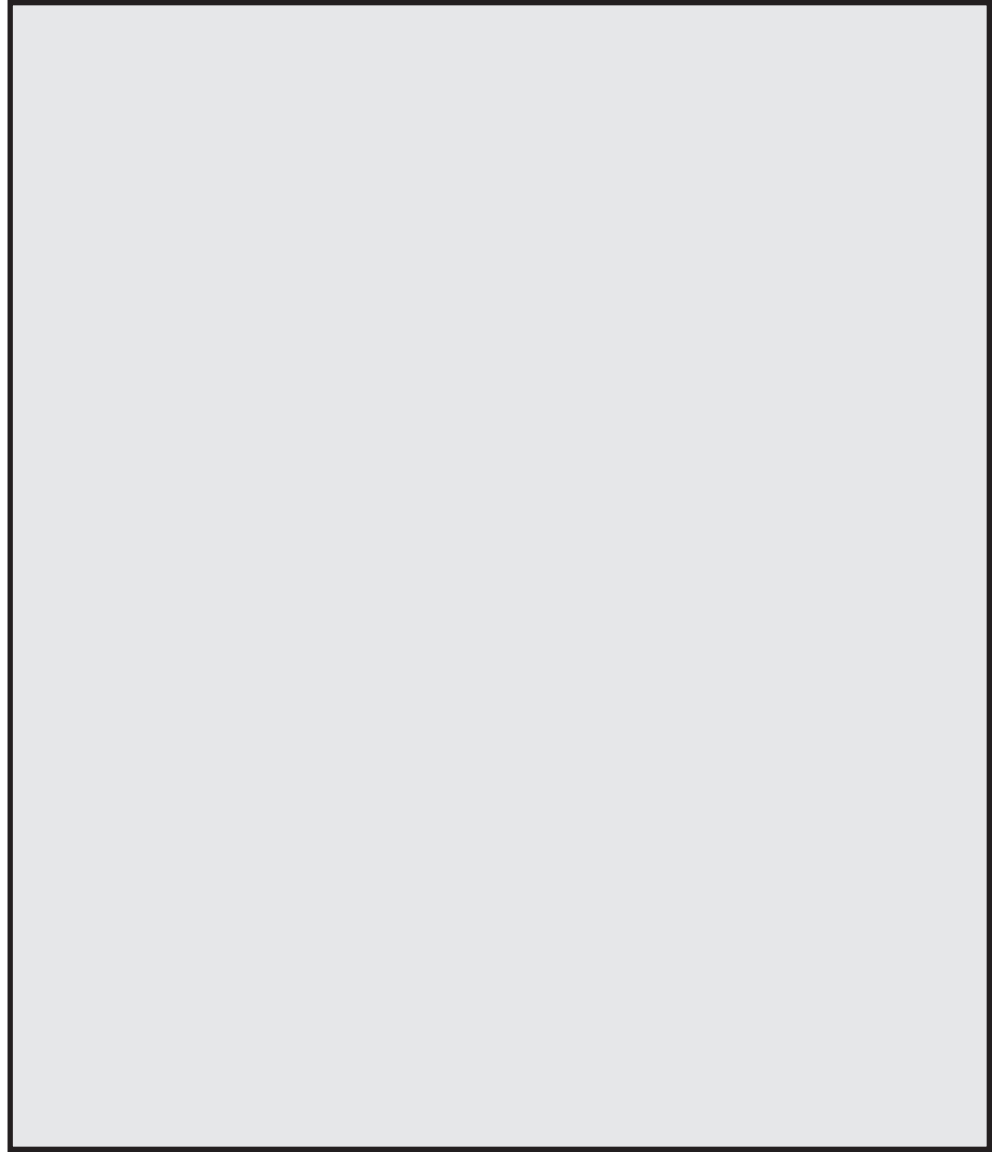
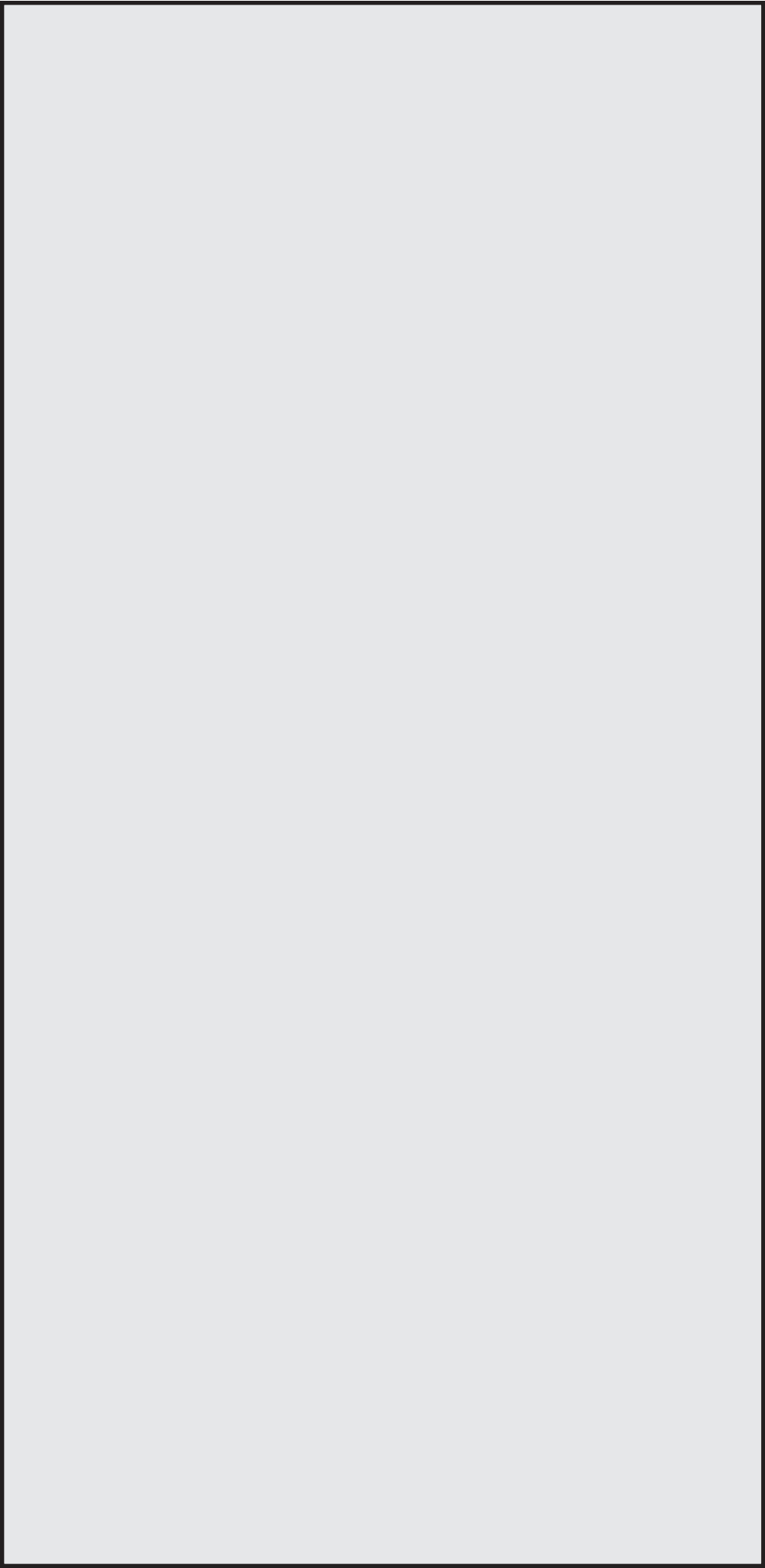
of our sister services."

"It's a good experience for our junior enlisted folks from a customs and courtesies perspective," Sergeant Grim added. "Things as simple as addressing someone from another branch of service, it's different in the Air Force than some of the other branches."

As the U.S. military continues to intertwine itself through assignments, deployments and joint taskings, organizational struc-

tures like the 28th OWS's could become the norm and not the exception in the future.

"This squadron is integrated with the (Combined Air and Space Operations Center), the Army units on the ground and really the whole coalition with our JOAF," Colonel Williams said. "Our approach here builds talent for everyone involved and both the reserve and the Navy get more exposure to the joint fight."



Gophers take glory in stadium's inaugural game

Story and photo by
2nd Lt. Meredith Kirchoff
U.S. Air Force Academy
Public Affairs

9/14/2009 - MINNEAPOLIS — Showing off for a sold-out home crowd, the Minnesota Gophers emerged victorious in a 20-13 win over Air Force at the inaugural game for the University's new TCF Bank Stadium Sept. 12.

The Falcons won the battles of total offensive yards with 386, offensive plays, first downs with 24 to Minnesota's 14, time of possession and least number of penalties. However, they lost the war of points on the board when the game clock expired.

"There were times during the game we played good," said Air Force head coach Troy Calhoun. "To win here, we had to play great, and we did not."

In a tied fourth-quarter game, the Gophers swayed the momentum tide decisively in their favor when Minnesota tackle Brandon Kirksey stripped the ball from Air Force quarterback Tim Jefferson. The fumble was recovered by linebacker Brandon Triplett, who ran for a 52-yard touchdown return.

Triplett had the game of his career with his first collegiate touchdown and a personal record of 17 tackles.

While Minnesota put the first points on the board with a 34-yard field goal in the first quarter, the Falcons weren't



An entourage of Falcon defensive linemen wrap-up a Minnesota running back in the inaugural game at the University of Minnesota's TCF Bank Stadium Sept. 12. The pack is lead by Academy senior Ben Garland of Grand Junction, Colo.

far behind.

Air Force strong safety Chris Thomas forced a fumble from Minnesota's Mar-Queis Gray leading to a recovery by defensive lineman Rick Ricketts. The turnover resulted in a 20-yard field goal by Academy sophomore Erik Soderberg to tie the score.

The Falcons stole Gopher thunder by scoring the first touchdown in TCF Bank Stadium history. Jefferson connected with wide receiver Kevin Fogler for a 37-yard touchdown pass near the end

of the 3rd quarter.

Jefferson's passing proficiency was soon overshadowed by Junior Adam Weber, the Minnesota quarterback, who broke the school's

career pass completion record with 540. Weber would finish the game with 552 completions.

Minnesota rallied in the fourth quarter beginning

with a 7-yard touchdown run by DeLeon Eskridge to answer the Air Force point posting. On the next drive, Triplett found his scoop and score opportunity to increase

the lead.

Another Gopher field goal ensued; this time a 39-yard good attempt by kicker Eric Ellestad.

Air Force wrestled down the field for 20 plays and 67 yards in the last offensive drive of the game and earned a 31-yard field goal at the end.

With 63 seconds on the clock, Soderberg attempted a critical on-side kick, but a Minnesota recovery squashed any further opportunity for Air Force.

Sophomore running back Asher Clark finished as the Falcons' leading rusher with 90 yards on 12 carries, while Fogler lead the Falcons in receiving yards with 56 on two receptions.

Coach Calhoun emphasized of his young team, "I'm not disappointed in our guys' effort, not at all, but we've got to accelerate the maturation process."

Air Force will play at New Mexico Sept. 19 for their first conference contest of the season before returning to Falcon Stadium Sept. 26 to take on the Aztecs of San Diego State University.

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CAROLINA FLYER

Sept. 18, 2009

www.pope.af.mil

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Kitty Hawk Inn

☐ 394-4377
UTA weekend Saturday and Sunday:
Breakfast: 6 to 8 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4 to 7 p.m.
Monday - Friday
Breakfast: 5:30 to 7 a.m.
Lunch: 10:30 a.m. to 1 p.m.
Dinner: 4 to 7 p.m.
Weekends, Holidays and downdays
Brunch: 7 a.m. to noon
Supper: 4 to 6 p.m.

Habaneros' Mexican Grill

☐ 394-4580

Breakfast

Monday - Friday: 7:30 to 10:30 a.m.

Lunch

Daily: 10:30 a.m. to 2 p.m.

Information, Tickets and Travel

☐ 394-4478 or 394-5462
Monday - Friday: 10 a.m. to 5 p.m.

Library

☐ 394-2195

Monday - Thursday: 9:30 a.m. to 8 p.m.

Friday: 9:30 a.m. to 7 p.m.

Story time

Friday: "What Freedom Means To Me" 4 p.m.

Tuesday: "Fun and Fitness"

Saturday: 10 a.m. to 5:30 p.m.

Wood Shop

☐ 394-5049

Tuesday - Thursday: 1 p.m. to 8 p.m.

Friday and Saturday: 9 a.m. to 5 p.m.

School Age Programs

☐ 394-2869

Monday - Friday: 6 a.m. to 5:30 p.m.

Auto Hobby Shop

☐ 394-2293

Tuesday - Thursday: 11 a.m. to 8 p.m.

Friday and Saturday: 9 a.m. to 5 p.m.

Community Center

☐ 394-2779

Closed for renovation

Bowling Center

☐ 394-2891

Monday - Thursday: 11 a.m. to 9 p.m.

Friday: 11 a.m. to 1 a.m.

Saturday: 11 a.m. to 12 a.m.

Sunday: 11 a.m. to 7 p.m.

Willow Lakes Golf Course

☐ 394-GOLF

Monday: Closed

Tuesday and Sunday: 7:30 a.m. to 7:30 p.m.

Fitness Center

☐ 394-2671

Monday - Friday: 5 a.m. to 11 p.m.

Saturday and Sunday: 7 a.m. to 6 p.m.

Holidays and family days: 7 a.m. to 3 p.m.

Frame and Design Arts

☐ 394-4192

Monday and Tuesday: 10 a.m. to 5 p.m.

Wednesday and Thursday: 10 a.m. to 7 p.m.

Friday: 10 a.m. to 5 p.m.

Saturday, Sunday and Holidays: Closed

Butler's Barber Shop

☐ 394-4387

Monday - Friday: 9 a.m. to 5 p.m.

Mack's Barber Shop

☐ 436-7718

Monday - Friday: 9 a.m. to 5 p.m.

Equipment Rental

☐ 394-4730

Monday/Wednesday Friday: 9 a.m. to 5 p.m.

Child Development Center

☐ 394-4323/2724

Monday - Friday: 6:30 a.m. to 5:30 p.m.

Pope chapel

315 Ethridge Street

☐ 394-2677

Religious services

For bible studies call the chapel

Traditional service:

Sunday, 8 a.m. except second Sundays

Contemporary service:

Sunday, 11:30 a.m.

Protestant Combined Worship:

11:30 a.m. the second Sunday of each month with potluck following services

Sunday school (all ages):

10 a.m. at Pope Elementary School

Catholic services:

Sunday at 9:30 a.m. and 5 p.m.

RCIA: Contact 394-1856

CCD: 11:15 a.m. at Pope Elementary School

Services offered at Fort Bragg

Catholic service:

JFK Chapel, Ardennes Street, Saturday at 5 p.m. Confessions at 4 p.m.

Muslim or Orthodox Christian services:

Call the Fort Bragg Chapel at 396-1121.

Officers' Christian Fellowship:

Bible study on leadership, Wednesday at 6 a.m.

Jewish services:

Contact the Faith Community Chapel Bldg. D-3733 Ardennes St at 489-2094.

Wiccan ceremonies:

The Watters Center on Fort Bragg holds an open circle Thursday at 7:30 p.m.

Movies

Tickets are \$2 for adults and \$1.50 for children 12 and younger.

Pope Theater

Armistead, Pope


Tonight: Aliens In the Attic (PG) 7 p.m.

Saturday: Up (PG) 4 p.m.; G.I. Joe: Rise of Cobra (PG-13) 7 p.m.

Sunday: G-Force (PG-13) (PG) 4 p.m.; The Perfect Getaway (R) 7 p.m.

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22	23	24	25
Sliced Roast Beef and Gravy, Fried Pork Chops, Chicken, Whipped Potatoes, Scalloped Potatoes, Vegetable Medley, Prince Edward Beans, Freshly Baked Rolls, Soup du Jour, Assorted Desserts, Fabulous Salad Bar	Teriyaki Glazed Spare Ribs, Bourbon Wings, Chicken, Shredded Pork BBQ, Cornbread Scalloped Potatoes, New Potatoes, Fresh Vegetable Medley, Corn on the Cob, Freshly Baked Rolls, Soup du Jour, Assorted Desserts, Fabulous Salad Bar	Sliced Roast Turkey, Pineapple Glazed Ham, Cornbread Dressing, Candied Sweet Potatoes, Seasonal Vegetables, Green Beans, Rice, Mashed Potatoes, Gravy, Freshly Baked Rolls, Soup du Jour, Assorted Desserts, Fabulous Salad Bar	Shrimp and Cucumber in Thai Red Curry, Fried Whiting, Catfish Fingers, Popcorn Shrimp, Onion Hushpuppies, Okra, Rice Pilaf, Collard Greens, Freshly Baked Rolls, Soup du Jour, Assorted Desserts, Fabulous Salad Bar

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Movie Corner: The Final Destination



By Senior Airman Mindy Bloem
Staff writer

Since I am a fan of the first "Final Destination" movie, the fact that this franchise procreates like rabbits didn't really bother me until I watched the latest installment.

The fourth movie in the franchise, entitled "The Final Destination," begins with four friends attending a race at McKinley Speedway.

As is typical with these films, the lead character Nick O'Bannon (Bobby Campo) has a premonition about a chain of events that ends with the death of several of the race goers.

When Nick recovers from his vision, he soon realizes the chain of events is unfolding just like he pictured. He starts to panic, creating a scene, which causes him and several of the spectators to leave the raceway. The predicted accident occurs soon after the group exits the stadium.

Initially, the ones who escaped the crash believe they were lucky to have survived the grisly scene, but when the ones whose lives were spared by Nick's premonition begin dying in the same order

they would have died had they not left the speedway. Nick and his girlfriend Lori Milligan (Shantel VanSanten) start to suspect otherwise.

When Nick and Lori realize the truth about death's plan (thanks to some research on the Web) they set out to warn the others before it's too late.

The movie adheres to the idea conceptualized in the original. The basic premise being that you can't cheat death. And one by one, death sets out for each of the survivors, each one meeting an end seemingly more gruesome than the last. Let's just say there was one scene in the movie that had me seriously considering selling my car for one without a sunroof.

The movie is your basic gory nightmare with predictable characters and scenarios woven throughout.

As was true in my case, loyal fans of the first film will be unable to resist the draw of yet another installment. But if you really can't resist, at least wait for it to come out on DVD and save yourself a few bucks. Not even making this film a 3-D experience can save this regurgitated tale. The film did, however, have one redeeming quality: it was short.